

# November 2020 SBP/SSO Breakfast Menu



K-8 Students Receive 1c Fruit Daily  
9-12 Students Receive 1c Fruit Daily



SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31-Oct	1-Nov	2-Nov	3-Nov	4-Nov	5-Nov	6-Nov
<p><b>*Maple Madness Waffles</b></p> <p>Gala Apple 100% Fruit Juice</p>	<p><b>*Apple Cinnamon Cherrios Cereal</b></p> <p>Graham Crackers Applesauce 100% Juice</p>	<p><b>*Mini Wheats Cereal</b></p> <p>Raisins 100% Orange Juice</p>	<p><b>*Strawberry Pancakes</b></p> <p>Pear 100% Fruit Punch</p>	<p><b>*Mixed Berry Parfait w/Granola</b></p> <p>100% Orange-Pineapple Juice</p>	<p><b>*Oatmeal Bar</b></p> <p>Sliced Apples 100% Apple-Cherry Juice</p>	<p><b>*Golden Graham Bar w/String Cheese Stick-(9-12 only)</b></p> <p>Craisins 100% Apple Juice</p>
7-Nov	8-Nov	9-Nov	10-Nov	11-Nov	12-Nov	13-Nov
<p><b>*Filled Cocoa Puffs Bar</b></p> <p>Apple Chips 100% Juice</p>	<p><b>*Lucky Charms Cereal</b></p> <p>Graham Crackers 100% Juice Applesauce</p>	<p><b>*Fruity Cheerios Cereal</b></p> <p>Gala Apple  100% Orange Juice</p>	<p><b>*Carrot Bun</b></p> <p>Applesauce 100% Fruit Punch</p>	<p><b>*Cinnamon Roll</b></p> <p>Sliced Apples 100% Orange-Pineapple Juice</p>	<p><b>*Banana Super Slice Loaf</b></p> <p>Fresh Pear 100% Apple-Cherry Juice</p>	<p><b>*Cocoa Puff Cereal Bar w/ String Cheese-(9-12 only)</b></p> <p>Applesauce 100% Apple Juice</p>
14-Nov	15-Nov	16-Nov	17-Nov	18-Nov	19-Nov	20-Nov
<p><b>*Grape Crescent</b></p> <p>Gala Apple 100% Juice</p>	<p><b>*Cocoa Puffs Cereal</b></p> <p>Graham Crackers 100% Juice Pear</p>	<p><b>*Cinnamon Toast Crunch Cereal</b></p> <p>Green Apple 100% Orange Juice</p>	<p><b>*French Toast Bar</b></p> <p>Fresh Pear 100% Fruit Punch</p>	<p><b>*Blueberry Waffle</b></p> <p>Applesauce  100% Orange-Pineapple Juice</p>	<p><b>*Chocolate Mini Donuts</b></p> <p>Sliced Apples 100% Apple-Cherry Juice</p>	<p><b>*Very Strawberry Yogurt Parfait w/Granola</b></p> <p>100% Apple Juice</p>
21-Nov	22-Nov	23-Nov	24-Nov	25-Nov	26-Nov	27-Nov
<p><b>*Cinnamon Rush French Toast</b></p> <p>Pear 100% Juice</p>	<p><b>*Strawberry Yogurt Chex</b></p> <p>Graham Crackers 100% Juice Apple Chips</p>	<p><b>*Golden Grahams Cereal</b></p> <p>Applesauce 100% Orange Juice</p>	<p><b>*Cinnamon Pop Tart w/ String Cheese</b></p> <p>Apple Chips 100% Fruit Punch</p>	<p><b>*Pancake Bowl w/Strawberries</b></p> <p>100% Orange-Pineapple Juice</p>	<p><b>*Zucchini Super Slice Loaf</b></p> <p> Fresh Pear 100% Apple-Cherry Juice</p>	<p><b>*Cinnamon Toast Crunch Filled Bar</b></p> <p>Craisins 100% Apple Juice</p>
28-Nov	29-Nov	30-Nov	1-Dec	2-Dec	3-Dec	4-Dec
<p><b>*Cherry Frudel</b></p> <p>Applesauce 100% Juice</p>	<p><b>*Reeses Puff Cereal</b></p> <p>Graham Crackers 100% Juice Gala Apple</p>	<p><b>*Trix Cereal</b></p> <p>Applesauce 100% Orange Juice</p>	<p><b>*Blueberry Muffin</b></p> <p>Raisins 100% Fruit Punch</p>	<p><b>*Glazed French Toast</b></p> <p>Sliced Apples 100% Orange-Pineapple Juice</p>	<p><b>*Mini Bagels w/Strawberry Cream Cheese</b></p> <p>Applesauce 100% Apple-Cherry Juice</p>	<p><b>*Fruity Cherrios Cereal Bar w/String Cheese</b></p> <p>Fresh Pear 100% Apple Juice</p>



**\*This institution is an equal opportunity provider\*\***

\*\*1% white or fat free chocolate milk with each meal\*\*

\*\*Menu items subject to change due to product availability\*\*

\*\*Did you know that the world's biggest pancake measured 49+ feet in diameter and weighed 6,614 pounds?!\*\*



# November 2020 NSLP/SSO Lunch Menu (K-8)



SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31-Oct	1-Nov	2-Nov	3-Nov	4-Nov	5-Nov	6-Nov
*Grape Uncrustable  Applesauce 1/2c Celery 1/4c & Carrot 1/2c	*Turkey Sandwich  Pear 1/2c Whole Pickle 3/4c  <i>Mayo &amp; Mustard</i>	*Beef Hot Dog  Gala Apple 1/2c Ranch Garbanzos 1/2c Carrot 1/4c  <i>Ketchup</i>	*Chicken & Waffle  Applesauce 1/2c Carrot 1/2c Celery 1/4c	*Chicken Corn Dog  Apple Chips 1/2c Garden Salad 3/4c  <i>Ketchup &amp; Ranch</i>	*Grape Uncrustable  Sliced Apples 1/2c Whole Pickle 3/4c	*Oven Roasted Drumstick w/Goldfish Crackers  Fresh Pear 1/2c Corn 1/2c Carrot 1/4c
7-Nov	8-Nov	9-Nov	10-Nov	11-Nov	12-Nov	13-Nov
*Grape Uncrustable  Gala Apple 1/2c Carrot 1/2c Celery 1/4c	*Turkey Sandwich  Pear 1/2c Whole Pickle 3/4c  <i>Mayo &amp; Mustard</i>	*Bean & Cheese Burrito  Raisins 1/2c Cauliflower 1/2c Carrot 1/4c	*Chicken Patty Sandwich  Craisins 1/2c BBQ Garbanzo Beans 1/2c Carrot 1/4c  <i>Ketchup</i>	*Cheese Pull Apart  100% Orange Juice 1/2c Garden Salad 3/4c	*Grape Uncrustable  Sliced Apples 1/2c Whole Pickle 3/4c	*Biscuit & Gravy (Pork)  Gala Apple 1/2c Corn 1/2c Carrot 1/4c
14-Nov	15-Nov	16-Nov	17-Nov	18-Nov	19-Nov	20-Nov
*Italian Sandwich  Applesauce 1/2c Whole Pickle 3/4c  <i>Mayo &amp; Mustard</i>	*Grilled Cheese  Apple Chips 1/2c Carrot 1/2c Celery 1/4c	*Hamburger w/ WG Bun  Applesauce 1/2c Ranch Garbanzos 1/2c Carrot 1/4c  <i>Ketchup</i>	*Turkey Club Sandwich  Craisins 1/2c Garden Salad 3/4c  <i>Mayo &amp; Mustard</i>	*Chicken Corn Dog  Diced Pear 1/2c Cole Slaw 3/4c	*Chicken Teriyaki w/ WG Rice  100% Orange Juice 1/2c Carrot 1/2c Celery 1/4c	*Chili Cheese Tater Wedges w/Crackers (3)  Sliced Apples 1/2c
21-Nov	22-Nov	23-Nov	24-Nov	25-Nov	26-Nov	27-Nov
*Grape Uncrustable  Applesauce 1/2c Carrot 1/2c Celery 1/4c	*Turkey Sandwich  Gala Apple 1/2c Whole Pickle 3/4c  <i>Mayo &amp; Mustard</i>	*Nachos & Cheese  Raisins 1/2c Refried Beans 1/2c Carrot 1/4c	*Chicken Nuggets  Fresh Pear 1/2c Whole Pickle 3/4c  <i>Ketchup</i>	*Italian Sandwich  Sliced Apples 1/2c Broccoli Slaw 1c  <i>Ranch, Mayo &amp; Mustard</i>	*Grape Uncrustable  100% Orange Juice 1/2c Carrot 1/2c Celery 1/4c  	*Turkey Club Sandwich  Apple Chips 1/2c Carrot 1/2c Celery 1/4c  <i>Mayo &amp; Mustard</i>
28-Nov	29-Nov	30-Nov	1-Dec	2-Dec	3-Dec	4-Dec
*Italian Sandwich  Pear 1/2c Celery 1/4c Whole Pickle 3/4c  <i>Mayo &amp; Mustard</i>	*Grilled Cheese  Apple Chips 1/2c Carrot 1/2c Celery 1/4c	*Spicy or Regular Chicken Patty Sandwich  Sliced Apples 1/2c Carrot 1/2c Celery 1/4c  <i>Ketchup</i>	*Chicken & Cheese Burrito  Fresh Pear 1/2c Pinto Beans 1/2c Carrot 1/4c	*Cheesy Breadstick w/Marinara Sauce  Craisins 1/2c Garden Salad 3/4c  <i>Ranch</i>	*Meatball Sub  100% Orange Juice 1/2c Coleslaw 3/4c  <i>Ranch</i>	*Mac N' Cheese  Apple Chips 1/2c Corn 1/2c Carrot 1/4c



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\*\*1% white or fat free chocolate milk with each meal\*\*

\*\*Menu items subject to change due to product availability\*\*

\*\*Did you know that the first known appearance of the word "nachos" in English dates to 1949, from the book "A Taste of Texas"?!\*\*

